

Thai Red Fish Curry with Bamboo Shoots

Serves: 4

Prep time: 30 minutes

Cook time: 35 minutes



3 serves per portion

Ingredients

- 1 ½ cups jasmine or brown rice
- 60mL coconut cream, reduced fat
- 2 tablespoons red curry paste
- 440mL coconut milk, reduced fat
- 2 tablespoons palm sugar
- 3 tablespoons fish sauce
- 350g skinless firm white fish (short sliced or cut into 3cm pieces)
- 350g sweet potato, cooked, cooled and diced
- 220g green beans, sliced diagonally
- 275g can bamboo shoots, drained, sliced into matchsticks
- 2cm knob ginger, thinly sliced
- 4 kaffir lime leaves, torn in halves
- Sweet Thai basil leaves
- ½ long red chilli, thinly sliced

Method

- COOK** rice in steamer or rice cooker as per packet instructions.
- SIMMER** coconut cream in wok or medium frypan on medium heat for 5 minutes or until cream separates and oil forms on top. Stir if required to prevent browning of cream.
- ADD** red curry paste and stir until mixture is fragrant.
- STIR** in coconut milk, sugar and fish sauce and cook for 2-3 minutes.
- ADD** fish, potato, green beans, bamboo shoots, ginger and kaffir lime leaves and simmer for about five minutes or until fish is cooked.
- GARNISH** with basil and chilli.



Everyday Food

Recipe courtesy of Yvonne Dalziel, Palmwoods Branch